POSITION TITLE: FITNESS ASSISTANT

We are recruiting for Summer 2019 Staff

POSITION SUMMARY:
Join the SFU Recreation team and become a Fitness Assistant. This volunteer position is an essential part of creating a welcoming environment, ensuring quality in fitness programming and is a great way to build transferable skills and get started in the industry. The SFU Fitness Centre hires its Weight Room Supervisors and One-on-One Trainers from the Fitness Assistant position. All positions are part of a leadership program and include goal setting and professional development activities. This opportunity is recognized on the Co-Curricular Record (CCR), an official University document that tracks students’ co-curricular involvement at SFU. Learn more about the Co-Curricular Record: https://www.sfu.ca/students/get-involved/co-curricular-record.html.

The 3 components of this position include, but are not limited to:
- Ensure safe operations in the Fitness Centre and provide a high level of customer service. Provide a safe and positive experience for all members.
- Supervise members and be aware and observant. May supervise 100+ patrons during peak times.
- Work cooperatively with other Fitness staff and share applicable duties. Provide mentorship and assistance to Fitness Assistants.

Fitness Assistants will:
- Gain insight into the fitness industry and operational side of the SFU Fitness Centre
- Be a part of a larger leadership program including goal setting and professional development.
- Increase their knowledge about personal health and physical wellbeing through our structured mentorship program and guided discussion
- Participate in group and individual projects for the betterment of the Fitness Centre
- Assist the Weight-Room-Supervisor in risk management and administrative duties
- Assist the group fitness instructor in setting up equipment as well as managing attendance

QUALIFICATIONS:
- SFU Student, minimum 2 semesters left before graduation
- Commitment of 3-5 hours per week for 2 semesters
- Contribute towards a fun and engaging campus community and promote an active lifestyle
- Willingness to learn, set goals and take a leadership role in working towards them
- Good interpersonal, oral and written communication skills
- Basic knowledge in health and fitness
- The follow qualifications are not required but are an asset:
  - Previous customer service experience
  - Previous experience within SFU Recreation (participant, volunteer, or employee)
  - Completed First Aid, CPR, Fitness Theory, Weight Training, or other related certifications

APPLICATION DEADLINE: March 17, 2019
Interviews for selected applicants: March 18-22

HOW TO APPLY:
Go to myinvolvement.sfu.ca
- View Job Posting #4812 Fitness Assistant (Volunteer)
- Submit a cover letter, resume and a schedule of your Spring term Availability.

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Questions? Contact Raymond (rsidhu@sfu.ca)